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[nepeanaquaticcentre.com.au](http://nepeanaquaticcentre.com.au)

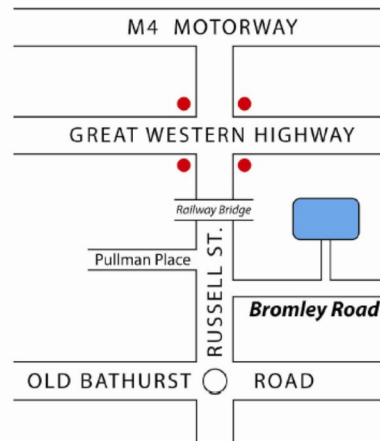
[evaboryswimschool.com.au](http://evaboryswimschool.com.au)

[facebook.com/NepeanAquaticCentreandEvaBorys](https://facebook.com/NepeanAquaticCentreandEvaBorys)



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# Be Aqua Smart

Be Safer -

in and around the water



***Love to Swim***

***Swim for Safety***

***Swim for Life!***



## For MUM and DAD:

### Who are we?

At Nepean Aquatic Centre and Eva Bory's we love to swim, and believe that swimming is for everyone, for life, no matter your age or level of ability. Our mission is to educate regarding aquatic safety, and provide quality learn to swim lessons for all.

### Safety is everything.

Children can never be 100% safe around the water, so our mission is to educate the public regarding water safety.

Our aim is that all local children will learn to swim, and become safer in and around every aquatic environment. Our greatest hope is to work together as a community to see the drowning statistics reduced to zero.

### MEET PADDLES the PLATYPUS



1. Fence the pool
2. Shut the gate
3. Teach your kids to swim – it's great
4. Supervise – watch your mate and
5. Learn how to resuscitate



## WANT MORE INFORMATION?



Go to [kidsalive.com.au](http://kidsalive.com.au) for water safety information, interactive games, songs, animated videos and learning resources.

***Colour in Paddles!***



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Swim for Safety  
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## **The Facts - for Parents**

- 280 drowning deaths in Aussie waterways 2015/16.
- 21 drowning deaths in children aged 0-4 years.
- 81% resulted from a fall into water, while a further 14% drowned while bathing.





## The Rules - for Kids



***PADDLES  
SAYS -  
RULES ARE  
COOL!***

**FENCE the pool**

**SHUT the gate**

**LEARN to SWIM**

**NEVER swim without MUM and DAD**

**LEARN CPR**

**PARENTS: SWIMMING has lots of extra benefits in addition to SAFETY!**

**Fitness**

**Discipline**

**Academic Success ..... a recent study conducted by Griffith University found children who swim:**

- demonstrate more advanced cognitive and physical abilities than other children.
- anywhere from 6 to 15 months ahead of the normal population when it came to cognitive skills, problem solving in mathematics, counting, language and following instructions
- scored significantly better in visual-motor skills such as cutting paper, colouring in and drawing lines and shapes
- were eleven months ahead of the normal population in Oral Expression, six months ahead in Mathematics Reasoning and two months ahead in Brief Reading. Most amazing was the difference in Story Recall (17 months ahead) and Understanding Directions (20 months ahead).

## PARENTS: what can you do?

- Teach your children to SWIM
- Learn CPR
- TALK to your children about the water safety rules contained in this booklet
- REINFORCE the rules at every opportunity



## AT THE POOL

- ALWAYS swim with Mum and Dad
- Shut the gate - and NEVER climb
- Listen to adults and lifeguards - FOLLOW THE RULES
- DON'T RUN
- NEVER be silly in the water
- NEVER play breath holding games
- NEVER swim under pool toys—you might get stuck underneath



## AT HOME

A young child can drown in a

A spa	A drain	A pet bowl
A bucket	An inflatable pool	A puddle
A bathtub	A sink	A fishpond
An esky	A fountain	A water tank

**You must  
NEVER  
be left alone in the bath.**



## AT THE BEACH , RIVER and OCEAN

- **ALWAYS** swim between the flags
- **FOLLOW** the **RULES**
- **STAY** with Mum and Dad
- **WEAR** sunscreen and a hat
- **DRINK** lots of water
- **WEAR** a life jacket if on the water
- **DON'T** jump in if you can't see the bottom

